

ABSTRACT

5 The present invention involves a light system for stimulating or regulating
neuroendocrine, circadian, and photoneural systems in mammals based upon the
discovery of peak sensitivity ranging from 425-505 nm; a light meter system for
quantifying light which stimulates or regulates mammalian circadian, photoneural,
and neuroendocrine systems. The present invention also relates to translucent and
transparent materials, and lamps or other light sources with or without filters capable
10 of stimulating or regulating neuroendocrine, circadian, and photoneural systems in
mammals. Additionally, the present invention involves treatment of mammals with a
wide variety of disorders or deficits, including light responsive disorders, eating
disorders, menstrual cycle disorders, non-specific alerting and performance deficits,
hormone-sensitive cancers, and cardiovascular disorders.